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Items of Interest:

February is American Heart Month. Heart disease is the leading cause of death in the U.S. About 700,000 people die of heart disease annually. Heart disease is a term that includes several specific heart conditions. The most common heart disease is coronary heart disease, which often appears as a heart attack. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Symptoms include shortness of breath and discomfort in the chest are and other parts of the upper body. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. To learn more about heart disease and how to prevent it, visit <http://www.cdc.gov/DHDSP>

Navy and Marine Corps Medical News

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Iraqi Army Graduates 25 Soldiers Into The Medical Field for 7th Iraqi Army Division

By Cpl. Michael S. Cifuentes, 2nd Marine Division

AL QA'IM, Iraq - Twenty-five Iraqi soldiers with the 7th Iraqi Army Division graduated from a five-week-long medical training course Jan. 23, and returned to their home units in Iraq.

The course took place in an Iraqi army compound dubbed Camp Phoenix, sharing grounds with a U.S. Marine base Al Qa'im.

The course began Dec. 26, 2006, and was established to train Iraqi soldiers to become "medics," said Hospital Corpsman 3rd Class Enrique D. Romero, with the Military Transition Team (MiTT) who helped train the Iraqi soldiers.

The MiTT is made up of Marine and Army teams that embed and train with the Iraqi army. They're tasked with advising the Iraqi Army

of intelligence, communications, fire support, logistics and infantry tactics. Their goal is to make the Iraqi unit they train tactically, operationally and logistically self-reliant, ensuring the battalion is prepared to take responsibility of their battle space.

This is the third basic medical training course the MiTT team has conducted under the command of Regimental Combat Team-7, said Romero.

"This is now their Iraqi soldiers' Military Occupational Specialty (MOS)," said Romero. "They'll be returning to their units with the knowledge of basic medical training under their belt, which makes them a significant asset to their unit."

Romero said the course is a cru-

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PERSIAN GULF - Hospital Corpsman 2nd Class Scott Grucza stationed aboard amphibious assault ship USS Boxer (LHD 4) examines an injured Sailor's hand Jan. 24. U.S. Navy photo by Mass Communication Specialist Seaman Joshua Martin

South Texas Lab Tech Named NavMed East Sailor of 2006 *Compassion and Dedication Keystone Qualities*

By Bill W. Love, Naval Hospital Corps Christine Public Affairs

CORPUS CHRISTI, Texas - Hospital Corpsman 1st Class (FMF) Edwin N. Guingab, the leading petty officer at Naval Hospital Corps Christi's (NHCC) Laboratory Services in Texas, captured the 2006 Navy Medicine East Sailor of the Year title Jan. 17. Rear Adm. Thomas R. Cullison, MC, Commander, Navy Medicine East (NME) and Commander, Naval Medical Center (NMC), Portsmouth, Va., made the announcement and presentation at NMC Portsmouth.

"I was totally surprised!" exclaimed Guingab. "Although I felt confident about competing, all of the nominees were outstanding."

Expressing his gratitude for the recognition, Guingab quickly cred-

ited his shipmates who he said were the ones who sent him there. "This honor is not about me," he interjected. "I gave the board that assurance, and I let them know that we are online with Navy Medicine."

During the NME proceedings Guingab, surpassed 14 other senior corpsmen, each representing Navy Military Treatment Facilities located throughout New England, Illinois, the Carolinas, Florida, Texas, Cuba, Italy and Spain.

"The one thing that made him stand out from the group," revealed Master Chief Hospital Corpsman (SW/AW) Melissa M. Baldi, the interim Command Master Chief at Navy Medicine East and NMC Portsmouth, "was the fact that he is a

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NAVAL MEDICAL CENTER PORTSMOUTH

- Rear Adm. Thomas R. Cullison, MC, (right) congratulates Hospital Corpsman 1st Class (FMF) Edwin N. Guingab (left) for being named the 2006 Navy Medicine East Sailor of the Year, Jan 17. U.S. Navy photo provided by Bill Love, Naval Hospital Corps Christine Public Affairs

FRED Tests Corpsmen's Combat Casualty Care

By Lance Cpl. Corey A. Blodgett, Marine Corps Base Camp Butler

CAMP HANSEN, OKINAWA, Japan - For the first time on Okinawa, a Human Patient Simulator known as FRED (First Responder Emergency Device) was used for basic Tactical Combat Casualty Care concepts training by hospital corpsmen with III Marine Expeditionary Force Jan. 29-Feb. 9.

The simulator is a computer-driven, full-sized mannequin that can convey true-to-life scenarios that change to meet instructors' goals, said Cmdr. Terri A. Kinsey, the Human Patient Simulation Program Director for Navy Medical Manpower Personnel Training and Education Command.

"It's a tool we take to operational forces to give them the opportunity to practice skills that they don't normally get to do," said Kinsey. "It's the most realistic training available, because you can't tell someone to 'lie down and let us put a tube down your throat or stick a needle in your chest.' This simu-

lates the real situation and it forces corpsmen to take the skills that they've learned and apply them to a patient."

Since the FRED breathes, has a heartbeat and a pulse and accurately mirrors human responses to such procedures as intravenous medication and catheterization, it is the closest thing to actual patients that the corpsmen have ever worked with, according to Hospital Corpsman Seaman Bryn S. Johnson, with 3rd Medical Battalion, 3rd Marine Logistics Group.

"It was excellent, accurate training," Johnson said. "In previous training we'd have a regular mannequin, pretend to look for life signs, and then look at the instructor and ask 'Do I hear breath sounds?' With this, you can actually hear breathing sounds or see the rise and fall of the chest."

Instructors used a laptop connected to the patient simulator to set up scenarios for the types of injuries the corpsmen might encounter.

"The instructor has control over

the scenario. For example, they can change the lung sounds to make it have wheezes or crackles that the students can hear with a regular stethoscope," said Hospital Corpsman 1st Class William E. Sterling, a simulation technician and instructor with the training and evacuation command. "There's no need for instructors to talk through a scenario; the student can just make the assessment."

The training with the FRED went better than planned and proved to be a very valuable tool, according to Lt. Scott E. Avery, the training officer for 3rd Medical Battalion. Avery said he hopes for more visits from the Human Patient Simulation Program team or to purchase a similar system for the battalion.

"Based on what I've seen and the response from the participants, it's a valuable asset that we could benefit greatly from," he said.

NMCP Nurse Receives Lifesaving Award

By Mass Communication Specialist
3rd Class Patrick Grieco, Fleet Public Affairs Center, Atlantic

VIRGINIA BEACH, Va. - Capt. Christine Lenoir, a labor and delivery nurse with Naval Medical Center Portsmouth (NMCP), was presented the Virginia Beach Lifesaving Award by Virginia Beach Mayor Meyera Oberndorf on Jan. 31 at Virginia Beach City Hall.

Lenoir, a Navy Reservist currently on active duty, earned the award along with her husband and Virginia Beach Master Police Officers Stephen Spivey and Greg O'Hara for their efforts in rescuing a man from Lake Smith Dec. 29.

"Virginia Beach is so proud of our neighbors, the Navy," said Oberndorf about the impact this rescue has on the relationship the

city has with the Navy. "We are always proud to have them here to help us. This just makes us twice as proud."

The rescue began early that morning when Lenoir and her husband awoke to cries for help coming through their open bedroom window.

"We always leave our window open a little at night and when I heard the screams I had a sick feeling in my stomach that something was wrong," said Lenoir about her reaction to the screams.

While still in their bed clothes, they ran outside to the lake behind their house.

"At first we thought it was our neighbor...but it turned out it wasn't him," said Lenoir's husband.

The Lenoirs ran back into the

house where a call for help was made and she grabbed a flashlight to search for the source of the screams.

"I ran along the edge of the lake yelling to him," said Lenoir. "I wasn't even sure he could hear me."

When the police arrived the couple led them to the lake where the police and Lenoir's husband continued to search.

"We gave our small rowboat to the two policemen, and after a little searching they found the man holding on to his capsized canoe," said Lenoir.

"He was just hanging on to the side of his boat," said Lenoir's husband. "He'd been in the cold water for a long time and when we got

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Iraqi Army continued...

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cial step in getting the Iraqi army to become a better force, relying less on U.S. Marines, sailors and soldiers here.

Additionally, the Iraqi medics will have an aid station located on each Iraqi base or compound, added Romero.

"The course was very successful," said Hussen Jaber Sahar Khlaeef, a warrant officer with 2nd Brigade, 3rd Battalion, 7th Iraqi Army Division who was the lead instructor of the course.

"Everyone scored really well," said Khlaeef through an Arabic-English interpreter. "No one scored less than an 80 percent average in the course."

During the course, the Iraqi soldiers learned basic life-saving skills such as treating open wounds, splinting, treating for shock, cardiopulmonary resuscitation and other ways to tend to common wounds or sicknesses soldiers might suffer in training or during combat operations.

"I am very glad I have this training now," said Thaeer Salman Shamkhe Jaber, an Iraqi soldier who scored the highest in the course. "I'm confident I will be able to apply this whenever the time comes."

Last year, Jaber, who's been an Iraqi soldier for nearly two years, said he tended to and helped treat two wounded U.S. Soldiers and one Iraqi Soldier after the convoy they were a part of struck an improvised explosive device.

"Medical training is important for all Soldiers - whether Iraqi or American," said Jaber through an Arabic-English interpreter. "Now, I know I can treat my soldiers or anyone else properly if they get wounded or hurt."



AL QA'IM, Iraq - Hospital Corpsman 3rd Class Enrique D. Romero, the Military Transition Team (MITT) in U.S. Marine base Al Qa'im, Iraq, shakes hands with Hussen Jaber Sahar Khlaeef, a warrant officer with 2nd Brigade, 3rd Battalion, 7th Iraqi Army Division, after a basic medical training class in an Iraqi army compound dubbed Camp Phoenix Jan. 10. U.S. Marine Corps photo by Cpl. Michael S. Cifuentes

NNMC Bethesda Earns Patient Satisfaction Award

By Mass Communication Specialist
1st Class (SW/AW) AnTuan Guerry,
National Naval Medical Center Public Affairs

BETHESDA, Md. - The National Naval Medical Center Bethesda received the 2006 Military Health System's Military Treatment Facility Beneficiary Satisfaction Award on Jan. 31 during the organization's conference at the Marriott Wardman Park hotel in Washington.

The defense department recognized Bethesda for achieving the highest overall rating for patient satisfaction with medical care for the period from Oct. 1, 2005 to Sept. 30, 2006. This was the second consecutive year the Military Health System recognized the hospital for an award; the hospital earned the Patient Safety Award in Technology last year.

The awards presentation was part of a three-day medical conference that served as a forum for military and civilian medical professionals from around the world to discuss programs and initiatives that affect health care for almost 9.1 million Tricare beneficiaries.

National Naval Medical Center Commander Rear Adm. Adam Robinson Jr., said the honor rewarded Bethesda's commitment to force

health protection, family-centered care and patient-oriented care.

"The award also speaks to operational medicine and the readiness mission that the Naval Hospital at Bethesda and the Military Health System exists to support," Robinson said. "This is a major award crediting staff members with their ability to respond to the strategic initiatives of the military health service, Tricare Management Activity and the National Naval Medical Center."

Assistant Defense Secretary for Health Affairs Dr. William Winkenwerder Jr. and the services' surgeons general recognized many military treatment facilities.

They also recognized programs and individuals for outstanding achievement in caring for Tricare beneficiaries. Categories included patient safety, customer satisfaction, exceptional medical care and program management.

In a Tricare press release, Winkenwerder expressed great appreciation for the heroic efforts of the military providers and staff serving overseas fighting forces. He said greater challenges may lie ahead for military medical professionals attempting to adhere to the strategic plan.

"Strategic planning is nothing unless the individuals who are tasked with executing that plan understand what they should do, understand how they should do it and have the resources so that they can do it," Robinson said. "Then they must understand their mission at the end of the day is not 'I tried,' but 'I did.'"

Robinson said he is pleased with the work hospital staff members have done in showing force health protection works. He added, however, the most important mission is to take care of each other.

"We don't work to get awards. We work to care for one another. As long as we're delivering the benefits, as long as we can care for the people, and as long as we can care for each other -- we're doing our job," Robinson said. "We can expect more awards because that's what we have to do in order to serve our Navy and our country. This is about how we respond to the needs of the beneficiaries that it is our honor to serve and to care for."

"This is our response to the readiness mission, which is reflected in casualty care on a daily basis on our wards and in our clinics," he concluded.

NMCP Nurse continued...

(Continued from page 3)

him in the boat he said 'Thank you,' and then huddled in the corner of our boat."

The hypothermic man had survived an approximately hour-long ordeal and was treated at a local hospital.

A short time after the incident the city of Virginia Beach received an e-mail about the rescue from the two

police officer's supervisors recounting their heroic efforts.

The Virginia Beach Safety Council Executive Board reviewed the story and decided to honor all four rescuers with the Virginia Beach Lifesaving Award.

"This is our way of thanking those people who were involved in the rescue," said Oberndorf.

"It's sort of unbelievable," said Lenoir, reacting to



SIHANOUKVILLE, Cambodia – USS Gary (FFG 51) medical personnel provide locals with medical and dental treatment during a Medical Civic Action Program (MEDCAP) near the city of Sihanoukville Feb. 10. U.S. Navy photo by Mass Communication Specialist 2nd Class Barry R. Hirayama

USNS Comfort Hosts Joint Immunization Course

By Mass Communication Specialist 2nd Class Heather Weaver and Mass Communication Specialist 1st Class (AW) Paul DeLaughter, National Naval Medical Center Public Affairs

BALTIMORE - USNS Comfort (T-AH-20) hosted a Military Vaccine Agency Immunization Leadership Course on Feb. 6 and 7 aimed at synchronizing immunization techniques throughout the allied armed services.

Military Vaccine Agency educates military and government agencies worldwide on the importance of vaccinations and how to conduct a successful immunization program.

The two-day course included more than 55 Navy, Air Force, Army, Defense Department and Canadian force members.

Military Vaccine Agency Senior Communication Analyst Jim Truscott said the course served to educate personnel about administering shots in both hospital and operational settings.

"This course is aimed at providing education and training about the overall immunization activity throughout the military," Truscott said. "We invited people who administer vaccine's around the world to share their experiences. We are teaching about ... why we immunize, the history of immunizations and what's important to know about them."

Army Col. Randall Anderson, director for the Military Vaccine Agency, said the agency chose Comfort to conduct the training because they saw a need.

"The immunization program is a joint environment. There isn't just one service that does the job. Therefore all of the services have to be good at it," Anderson said. "By bringing this mix of people together they can learn

from each other, hear about how other clinics do it, and they can take away the best practices and develop their own system."

Hospital Corpsman 2nd Class (SW) Daniel Valadez, a Comfort corpsman and course attendee, said working with the other services helped broaden his practical knowledge.

"We learned how the other services operate and deal with issues," Valadez said. "We can now take that information and correlate it into our practices and provide the best care possible for our patients."

Military Vaccine Agency Program Manager Dorothy Burnett said ensuring the completion of the military mission lies in protecting service members overseas, in U.S. hospitals or aboard ship.

"Right now there is a threat. The threat continues to prevail," Burnett said. "It's very important to make certain our service members are protected and it's our job to do what we can from an educational stand point."

Hospital Corpsman 2nd Class (FMF) Brian Miller also attended the course. He said the leadership course is a tool that gives confidence to both the provider and the patient.

"Providers need to know the backgrounds, history and how immunizations benefit the patients. So, when patients come to get care, you can explain it to them specifically," Miller said. "Being well versed in the knowledge, the patient will feel at ease and more confident with your ability. This will allow you to provide better care."

Truscott said "Educating patients about the importance of immunizations is something with which providers need to be more familiar. an educated patient is a safer and happier patient."

NavMed East SOY '06 continued...

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very compassionate and dedicated Sailor."

Describing the keen competition

between each of the candidates, Baldi said that Guingab's nomination package had "all the things the board was looking for as far as leadership, command involvement, command collateral duties, community involvement, Sailorization, and personnel and professional growth."

Captain James P. Rice, Medical Corps, the commanding officer at NHCC, added that, "Rear Adm. Culison praised Guingab as the clear winner over all other candidates. In addition to performing outstanding on the oral board questions, his packet and overall preparation was without peer."

Before traveling to Portsmouth for NME regional competition Guingab won recognition as the 2006

NHCC Sailor of the Year. This is the second consecutive year that he has seized that honor.

"He has been through this before," acknowledged Culinary Specialist Master Chief (SW), David K. Graef, a directorate leading chief petty officer at NHCC and a Sailor of the Year board member, "so he was comfortable with the atmosphere and being in front of the other senior board members."

As Guingab focuses on the future, he gains renewed inspiration and strength by reminding himself of what NHCC Command Master Chief Barry K. Mullen advised him last year after the chiefs' results, "Don't stop because we believe in you!"



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